



Broccoli Mac and Cheese *in a new light*

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 45 minutes

Difficulty: Easy

Ingredients:

- 6 ounces reduced-carb penne pasta (Dreamfield's brand)
- 3 cups small broccoli florets
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 tablespoon white whole wheat flour
- 1 3/4 cups fat-free milk
- 3/4 cup shredded reduced-fat sharp Cheddar cheese
- 3/4 teaspoon dry mustard
- 1/4 teaspoon salt
- 1 tablespoon plain dry whole wheat bread crumbs

Directions:

Preheat oven to 350°F. Spray a 1 1/2-quart baking dish with cooking spray.

Cook pasta according to package directions. Add broccoli during the last 3 minutes of cooking time. Drain; transfer pasta and broccoli to a large bowl.

Meanwhile, heat oil in a large nonstick saucepan over medium-high heat. Add onion and cook, stirring often, until softened, about 8 minutes. Add flour and cook, stirring constantly, 1 minute. Slowly whisk in the milk; bring to a boil. Reduce heat and cook, stirring constantly, until the sauce bubbles and thickens, about 3 minutes. Remove from heat. Stir in cheese, mustard, and salt, until the cheese is melted and the sauce is smooth.

Pour the sauce over the pasta and broccoli in the bowl; toss to coat well. Spoon into baking dish. Sprinkle bread crumbs evenly over top of the pasta mixture. Lightly spray with cooking spray. Bake until the edges are bubbly and the top is golden, about 25 minutes.

Nutritional Information: *Per serving (1 cup): 310 calories, 9 g fat (3 g saturated, 0 g trans), 15 mg cholesterol, 390 mg sodium, 45 g carbohydrate, 6 g fiber, 17 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.